

Physical Activity Classes for Adults in the Fordham Area



Classes are a great way to get fit or stay in shape while also having fun.
Check out these classes in your neighborhood!

Fitness and Zumba Classes

Lehman College

250 Bedford Park Boulevard, 718-960-8512

www.lehman.cuny.edu/academics/continuing-education

A range of fitness classes, such as tai chi, yoga, tennis and swimming. Click on "Personal Development Classes" on the website for the schedule.

Lucille Roberts

2449 Morris Avenue, 718-329-3441

www.lucilleroberts.com/womens-gym-Fordham-Road

Classes including Zumba, cardio dance, boot camp and boxing. Membership required.

Mid-Bronx Senior Citizens Council

900 Grand Concourse, 718-588-8200 x1291

www.midbronx.org/95-services/elderly

Free weekly exercise and walking groups for seniors through the Concourse Plaza Wellness Program.

Mosholu Montefiore Community Center

3450 DeKalb Avenue, 718-882-4000

www.mmcc.org

Fitness classes such as Zumba, belly dancing and kickboxing, as well as a fitness center. Membership required.

Musuko's Mixed Martial Arts and Boxing Academy

3031 Webster Avenue, 347-401-5173

www.musukomma.com

A boot camp fitness class for women on the weekends and martial arts classes during the week.

St. James Recreation Center

2530 Jerome Avenue, 718-822-4271

www.nycgovparks.org/facilities/recreationcenters/X044

Free Zumba classes and walking groups, as well as martial arts classes.

Dance Classes

Bronx House

990 Pelham Parkway South, 718-792-1800

www.bronxhouse.org

Dance classes including belly dancing, flamenco, jazz, swing, ballroom and Latin dance. Fees for members and non-members.

Lehman College

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Salsa, belly dancing and Zumba classes. Click on "Personal Development Classes" on the website for the schedule.

Mambo101 Dance Studio

214 East 188th Street, 646-402-0939

www.mambo101dancestudio.com

Classes in Salsa/Mambo.

Mind Builders Creative Art Center

3415 Olinville Avenue, 718-652-6256

www.mind-builders.org/programs/dance.html

Salsa, African/Modern and Praise dance classes.

Yoga

See the Fitness and Zumba Classes section for more yoga classes.

Bikram Yoga

5500 Broadway, Suite B (Entrance on 230th Street by the Advanced Endoscopy Center), 718-562-3656

www.bikramyogabronx.com

Offers beginners Bikram yoga, a special kind of yoga that includes 26 postures done in 104-degree heat.

City Parks Seniors Fitness Program

Van Cortlandt Park, Woodlawn Courts, Jerome Avenue and East 233rd Street, 718-760-6999

www.cityparksfoundation.org/sports/seniors-fitness

Free yoga classes for seniors, as well as a weekly walking club.

Grounded Growth Yoga

3732 Riverdale Avenue, 347-313-8742,

email: dannadurga@aol.com

www.groundedgrowthyoga.com

Beginner's yoga, restorative yoga and a mixed-level class.

Mind Body Soul Yoga

238 Fort Washington Avenue at 170th Street, 718-289-3182,

email: info@mindbodysoulyoga.com

www.mindbodysoulyoga.com

Many styles of yoga, including Hatha, Vinyasa, restorative and prenatal.